

**HUDSON VALLEY RAIL TRAIL ASSN.(Highland) and
TOWN OF LLOYD POLICE BENEVOLENT ASSN.,
Present: the HIGHLAND RAIL TRAIL 8K Run / Walk
SATURDAY, JULY 19th, 2008**

Tony Williams Park, South Riverside Road, Highland, NY

**FLAT AND FAST ON A PAVED, SHADED TRAIL THROUGH THE WOODS,
Race starts at 9:00 sharp, registration opens 7:30AM**

No worries about getting run over by a car, tripping over rocks and roots, or dealing with hills. It really IS flat! Gifts for all who enter, good goodies, 1st, 2nd and 3rd place awards in the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over. *First overall law enforcement officer receives special trophy.* First 100 to enter prior to race day receive a special gift. Cost: \$15 Prior to July 1st. All other entries, \$20. Proceeds go to the Hudson Valley Rail Trail and the Police Benevolent Association for community services. **NO BABY STROLLERS, DOGS, SKATES, SKATE BOARDS, BIKES, HEADSETS.**

If you have any questions call: Race Directors P.O. Miguel Rodriguez 845-691-6102, or Mary Phillips, 691-6623

Waiver: in consideration of accepting this entry, I the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the TOWN OF LLOYD, The TOWN OF LLOYD POLICE BENEVOLENT ASSOCIATION, THE HUDSON VALLEY RAIL TRAIL ASSOCIATION and its directors and volunteers, any and all sponsors, and their representatives, successors and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have trained sufficiently for this even and my physical condition has been verified by a licensed medical doctor

Name _____ Sex _____ Age on race day _____

Address _____

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_____ Phone: _____

Signature _____

_____ Date _____

Parent's/Guardian's signature if under 18 _____

**\$15.00 before July 1st, \$20.00 July 2nd up to and including race day. This is an
Onteora Runners club Grand Prix event open to all runners.**

Mail application and fee to: Town of Lloyd PBA, PO box, 518, Highland, NY 12528